

***Happy New Year!***  
**Taste and See the Lord is Good**  
Sunday, January 2, 2022

**Psalm 34: 1-11 NIV**

<sup>1</sup>I will extol the LORD at all times; his praise will always be on my lips.

<sup>2</sup>I will glory in the LORD; let the afflicted hear and rejoice.

<sup>3</sup>Glorify the LORD with me; let us exalt his name together.<sup>4</sup>I sought the LORD, and he answered me; he delivered me from all my fears. <sup>5</sup>Those who look to him are radiant; their faces are never covered with shame.

<sup>6</sup>This poor man called, and the LORD heard him;

he saved him out of all his troubles. <sup>7</sup>The angel of the LORD encamps around those who fear him, and he delivers them.

**<sup>8</sup>Taste and see that the LORD is good; blessed is the one who takes refuge in him.**

<sup>9</sup>Fear the LORD, you his holy people, for those who fear him lack nothing.

<sup>10</sup>The lions may grow weak and hungry, but those who seek the LORD lack no good thing. <sup>11</sup>Come, my children, listen to me;

I will teach you the fear of the LORD.

**1. Seek** (vs. 4-5)

Psalm 119: 10-11 I seek You with all my heart. I hid your word in my heart.

Psalm 119:103 How are your words to my taste, sweeter than honey.

Psalm 119:111 Your laws are my treasure.

Psalm 119:130 The teaching of your word gives light.

**2. Ask** (vs.6-8)

Psalm 119:12 Teach me your decrees Lord.

Psalm 119:18 Open my eyes that I might see.

Psalm 119:27 Cause me to understand the way of your precepts.

Psalm 119:125 Give discernment to me.

**3. Stand** (vs. 10-11)

Psalm 119:15 I meditate on your precepts and consider your ways.

Psalm 119:50 My comfort is this: your promise preserves my life.

Psalm 119:98-100 Your commands are always with me and make me wiser...for I obey your precepts.

**Conclusion:** King David sought God with his whole heart and made knowing God his greatest treasure. He tasted the sweetness of God's love and only wanted more. David sought God's face, asked for understanding and found courage by proclaiming God's promises. May we also taste and see the Lord is GOOD.

**LIFE GROUP LESSON**  
**Taste and See the Lord is Good**  
Week of January 2 – January 8, 2022

**Ice Breaker:** In what ways have you tasted the Lord's goodness?

**Read Psalm 34: 1-11.**

1. What is the tone of this psalm?
2. How does he begin? What is his heart focused on? (vs. 1-2)
3. Why is it important to extol, praise and glory in the Lord in all seasons-even our afflictions? What does that do for us?
4. What is the next action we see David writing about? (v.4)
5. What happened for David when he sought the Lord? (v.4)
6. How does David describe those who look to the Lord? (v.5)
7. Does God respond to the broken, afflicted and weak? (v.6)
8. Where is God in relation to those who fear Him? (v.7)
9. Does David say the righteous will never be afflicted? Does he question why he faces hardship?
10. What is David's message? (v.8)
11. What is David tasting? "Taste and see the Lord is good."
12. What does David mean to fear the Lord? What does he mean "those who fear lack nothing"? (v.9)
13. Does God provide, carry and rescue His children who are afflicted?
14. What does David want to teach us? (v.11) Why?
15. Read Psalm 119: 10-11, 103, 111, 130. What is most precious to David? How does he come to love the Word so much? How does He see God's Word?
16. How do you see God's Word? Is it a treasure? Is it a burden? Do you seek after it to know and understand it and Him more?
17. Read Matthew 7: 7-8. What happens when we seek Him?
18. Read Psalm 119: 12, 18, 27, 125. What is David asking God for? What does David's heart crave? Why are these good prayers to ask for?
19. How can greater understanding, insight, wisdom and discernment from God and His ways help strengthen your faith?
20. Read Psalm 119: 15, 50, 98-100. How does David keep standing in faith and persevere when the world pushes against him?
21. How can you taste and see the Lord is good in 2022?

**Point to ponder:** God beckons us into His presence; into His abiding love where there is shelter, strength and truth. He delights in showing us hidden treasures the world can't see. Will you taste and see He is good and all that He has for you is good as you trust in Him and follow?